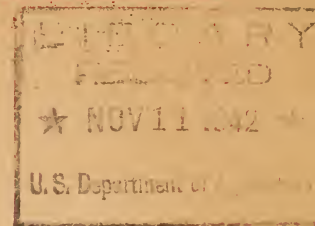


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ALTERNATE MAIN DISHES TO HELP SHARE THE MEAT

Alternate main dishes are getting calls to duty often, now that patriotic meal planners are finding resourceful ways to help share the meat. An alternate main dish, these days, means any dish that's the mainstay of a meal when you're not serving the beef, veal, pork, or lamb which are on the restricted list.

Poultry, fish, eggs, cheese, beans, and nuts are foods to keep in mind when planning alternate dishes, states _____

	(Name)	(Title)	(Place)
And you can make alternate dishes from variety meats, such as kidney and liver, since you needn't include them in counting your share of restricted meat supplies.			

Here are points to remember when you select an alternate main dish, according to home economists of the U. S. Department of Agriculture. You want an alternate main dish that sticks to the ribs...one that has flavor too, for flavor is one of meat's special contributions to diet. And you want a dish that contains protein and one or more of meat's other food values. Meat supplies five main food values in goodly amounts: Protein of good quality, iron, and three members of the vitamin B family - thiamin, niacin, and riboflavin.

You get good protein, some iron, and some B vitamins from alternate main dishes based on poultry, fish, milk, cheese, eggs, dried beans and peas, soybeans, and nuts. And you can build up a meal's values in B vitamins and iron by stressing whole-grain or enriched grain products, dark green leafy vegetables, and potatoes.

Most families have old favorites among those dishes we'll now be calling alternate main dishes. And there's good reason to branch out, try others...perhaps some favorites of other families. Here are 12 ways to use cheese, eggs, beans, and nuts, as suggested by home economists of the U. S. Department of Agriculture.

(1) Scalloped cheese, spaghetti, and cabbage - a hearty dish; (2) Tomato rabbit, gay cousin to the Welsh rabbit; (3) Cheese fondue, that draws its protein from three foods on the meat alternate list; (4) Polenta, the Italian version of corn meal mush; (5) Creamed eggs, a handy answer to the main dish question; (6) Omelet, always a favorite; (7) Beans, in ways popular in different sections of the country; (8) Bean "sausages," cheap and hearty; (9) Bean salads, substantial enough to be more than side dishes; (10) Bean and peanut croquettes, a main dish that's "different"; (11) Poca and rice loaf...features one of the Victory Food Special nuts this month; and (12) Nut and potato cakes - easy to make and tasty. How-to-make-it tips follow:

1. Scalloped cheese, spaghetti, and cabbage. Make alternate layers of shredded raw cabbage, cooked spaghetti, and cheese sauce in a greased baking dish. Top with bread crumbs and bak until the crumbs brown. Keep the heat moderate always when cooking cheese, and that's best for egg dishes, too.

2. Tomato rabbit. Melt 2 tablespoons fat in a skillet. Add 1/2 cup chopped celery, 1/2 of a green pepper chopped, 1/2 of a small onion chopped. Cook a few minutes, stirring often. Sprinkle on this 2 tablespoons flour and pour in 1 pint of cooked or canned tomatoes. Add 1/2 pound cheese shaved thin and 1 teaspoon salt. Cook over low heat, stirring until the mixture thickens and cheese melts. Pour some of the mixture into 2 well-beaten eggs and pour all back into the skillet and continue cooking until thickened and creamy. Serve hot on crisp toast or crackers. (About 6 servings).
3. Cheese fondue. Beat 4 eggs well. Mix 2 cups hot milk, 2 cups soft bread crumbs, 1/4 pound cheese sliced thin (about 1 cup), 1 tablespoon fat, and salt to taste. Stir this mixture into the eggs. Pour into a greased shallow pan and bake at moderate heat about 25 minutes or until set and lightly browned.
4. Polenta. Fry mush slices and pour on them a slightly thickened tomato sauce. Sprinkle grated cheese liberally on top, or mix cheese with the mush when you make it.
5. Creamed eggs. Add sliced hard-cooked eggs to a white sauce and serve over rice, or on toast. Or try creamed eggs as shortcake on biscuit rounds. For tangy flavor, add a pickle alongside.
6. Omelet can take a dress-up touch, just before you roll one side of the golden brown omelet on the other, or before you cook the egg mixture at all. An omelet becomes a heartier dish with bits of cooked meat, thin-sliced or grated cheese folded in. Or, with tomato and vegetable sauce, it becomes Spanish in style, and with a baked potato for company you have a main course.
7. Beans New England, beans Western or Mid-western--take your choice, or try them all. The Boston bean is slowly baked to rich brownness, with salt pork and molasses for flavor. Beans Michigan are baked in a flat pan and seasoned with salt pork or bacon. And Western style beans take onion and tomato for company.
8. Bean "sausages." Mash 5 cups of cooked beans and mix well with 1/2 cup bread crumbs, 2 beaten eggs, 1 teaspoon sage, if desired, and salt and pepper to taste. Shape into sausages, dip in raw egg beaten with a little water. Moisten with milk. Roll in bread crumbs and brown in a little melted fat.
9. Bean salads. Cooked beans take kindly to mixture with the something sour and the something raw that every good salad needs. Examples: Beans with raw apple slices with skin on, served on lettuce or other salad green, with dressing. Beans with chopped pickle or relish and chopped cooked beets, served on lettuce or dandelion greens. Beans with left-over meat or fish, hard-cooked egg, or cheese.
10. Bean and peanut croquettes. For this, mix bean pulp with chopped peanuts and as a binder use a thick sauce. Roll croquettes in beaten egg and then in bread crumbs, and fry in deep fat, at moderate heat until crumbs are brown.
11. Pecan and rice loaf. This loaf is a mixture of cooked rice, vegetable seasoning, chopped nuts, bread crumbs, and beaten egg, baked in a moderate oven for an hour.
12. Nut and potato cakes. Use left-over potatoes, sweet or white. Mash and season and add 1 cup of chopped pecans, almonds, or filberts. Brown the cakes on both sides in a little fat. Try white potato and nut cakes with a tomato and cheese sauce.